



10. Kristall-Marathon

Merkers / 14.02.2016

Detailed evaluation

Simon, Yvonne

Club: SV Gladbeck 13

Number: 428

Course: 22.75 km

Halbmarathon

Category:

Seniorinnen W50 (50-54 Jahre)

Total time: 2:43:32

Speed: 8.35 km/h

Running performance: 7:11 min/km

Rank in course/Total: 149 (of 159)

Rank in course/Women: 33 (of 37)

Best time in course: 1:42:13

Rank in category: 4(of 4)

Best time in the category: 1:50:49

Intermediate times

Stage score

Total ranking

Control	Split km	Split Time	Split min/km	Stage score				Total ranking						
				Pos Cat.	Behind Cat.	Pos Women	Behind Women	Total km	Total Time	Total min/km	Pos Cat.	Behind Cat.	Pos Women	Behind Women
Lap 1	3.25	21:52	6:43	4	6:57	34	8:35	3.25	21:52	6:43	4	6:57	34	8:35
Lap 2	3.25	23:28	7:13	4	8:05	35	9:24	6.50	45:20	6:58	4	15:02	35	17:59
Lap 3	3.25	22:49	7:01	4	7:17	34	8:24	9.75	1:08:09	6:59	4	22:19	35	26:23
Lap 4	3.25	23:05	7:06	4	6:59	31	8:18	13.00	1:31:14	7:01	4	29:18	34	34:41
Lap 5	3.25	24:22	7:29	4	8:09	33	9:25	16.25	1:55:36	7:06	4	37:27	34	44:06
Lap 6	3.25	24:08	7:25	4	7:43	32	8:49	19.50	2:19:44	7:09	4	45:10	33	52:55
Last lap Finish	3.25	23:48	7:19	4	7:33	30	8:46	22.75	2:43:32	7:11	4	52:43	33	1:01:19